

### ABSTRACT

A crank for a bicycle, excellent in production efficiency, excellent in fatigue durability and rigidly, and light in weight. The crank has an outer shell made of a fiber-reinforced plastic, a first insert member configured and arranged to introduce a load from a pedal shaft, and a second insert member coupled to a bracket spindle and configured and arranged to transmit a load to a sprocket. The outer shell comprises at least two fiber-reinforced plastic members at least a part of each of which is molded in advance.